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ABSTRACT

Noting the increasing need to strengthen family bonds in a society marked by escalating violence, this book offers a set of values and beliefs to help parents make decisions regarding their parenting and family lifestyle. Exercises are presented throughout the book to assist parents in gaining insight about themselves and to apply the principles in a family setting. Chapter 1 presents information on the prevalence of violence, noting that children are both perpetrators and victims. Chapter 2 presents a rationale for examining one's values and how they affect children. Chapters 3 through 9 examine the values of personal responsibility, personal mission, sanctity of life, one's rights and well-being, others' rights and well-being, optimism, and integrity for coping in today's world. Each chapter includes exercises for increasing self-awareness and suggestions for applying the value to family life. Chapter 10 asserts that the value model presented in the book is a guideline for parents to change their family life for the better. Appended are sample resources for youth and families. (KB)

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